

# The Daily Universe

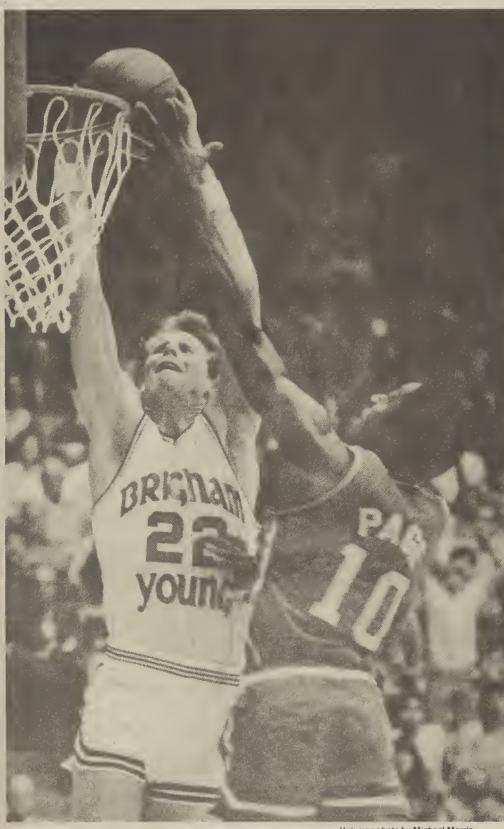
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MONDAY  
FEATURE  
EDITION



Universe photo by Michael Morris

## Ainge, Page meet at hoop

Danny Ainge goes up for a dunk as New Mexico's Kenny Page adds some resistance. Ainge and Page, the top scorers in the WAC, were stopped below their averages in BYU's victory over the Lobos Saturday 78-72.

See story on Page 6...

## At Party Congress:

# Reds mull policies

By THOMAS KENT  
Associated Press Writer

MOSCOW (AP) — The Soviet Communist Party, already proclaiming "major" foreign policy successes over the past five years, is expected to focus its 26th Communist Party Congress opening here Monday on relations with the West, informed sources here said.

The two-week-long congress is being viewed by many analysts as a barometer of long-term Soviet strategy plans. President Leonid I. Brezhnev's speech to the opening session is considered his most important policy address since the last Soviet congress in 1976.

### Now initiatives expected

Plans for Brezhnev's speech were being closely guarded, but Western diplomats said they expected the address to contain several new foreign policy initiatives.

These could include laying the groundwork for an improved dialogue with the United States despite current problems, perhaps even leading to an eventual meeting between Brezhnev and President Reagan or other Western leaders, they said. Some observers anticipated a slightly more flexible approach by the Soviet Union, such as a slight Soviet military intervention in Afghanistan, but no change in basic policy toward the central Asian nation was expected.

State television broadcast film of arriving foreign communist leaders, including Fidel Castro of Cuba and Polish party chief Stanislaw Kania. It also broadcast footage of foreign communist leaders laying wreaths at the Lenin Mausoleum on Red Square adjacent to the Kremlin.

Red Square and the surrounding area were decorated with enormous portraits of Soviet leaders and patriotic music played from loudspeakers on adjoining streets.

Some 4,000 Soviet party members and nearly 100 foreign Communist delegations are attending the 26th session in the modernistic Kremlin Palace of Congresses. Moscow has been awash with banners and extra police have been patrolling the streets.

Most of the policy matters to be approved at the session have already been cleared by Brezhnev, 74, and other leaders. The congress is designed mainly for announcing and endorsing policy, rather than making it, and delegates are expected to vote unanimously in favor of whatever the leaders propose.

### Analysts view issues

Western analysts will be looking for these elements in the congress:

—East-West issues: How Brezhnev and other leaders will explain the decline of detente, with which the Brezhnev leadership is closely identified. At the 1976 congress, when detente was blooming, Brezhnev cited with satisfaction "an improvement of the international climate." This year, he will have to defend his new approach to detente in the light of new East-West tensions.

—The Reagan administration: In recent weeks, the Soviet press has sharply denounced Reagan for his hard-line policies on the Soviet Union. But many Soviet sources expect Brezhnev to take a conciliatory approach to Reagan, with the Soviet leader presenting himself as a man of peace extending the Kremlin's hand of friendship.

—Poland and Afghanistan: The congress is expected to stoutly defend Soviet military involvement in Afghanistan,



LEONID BREZHNEV  
...preparing major speech

but to take a relatively mild line toward Poland, where strikes were settled in recent days.

—Brezhnev's health: Foreign and Soviet observers alike will be looking for clues to Brezhnev's health during his address. The Soviet leader is believed to suffer regular bouts of illness, but has usually risen to the occasion when an important speech is planned. His health, this time, however, is expected to be shorter than his marathon five-hour, 10-minute performance in 1976.

### 'Soviet successes'

In a front-page editorial on the congress, the Soviet Communist Party Daily Pravda said Sunday there had been "major successes" in Soviet foreign policy since the 1976 congress. It mentioned no failures. It also said the country had moved forward economically, technically, spiritually and in its "defensive might."

Since 1976, the Soviet Union has gained strong allies in Ethiopia and South Yemen, strengthened ties with Syria and improved its positions in Indochina, while watching the United States become increasingly isolated in international relations.

But the Soviet Union also faces a difficult guerrilla war in Afghanistan, sees NATO and the Common Market gaining new members, is beset by trouble in Poland and is confronted by U.S. plans for new military expenditures.

The United States also has strengthened its position in Somalia, possibly offsetting Soviet gains in Ethiopia, and master-minded the Camp David peace treaty between Egypt and Israel, essentially cutting the Soviet Union out of Middle East diplomacy.

## News Spotlight

By THE ASSOCIATED PRESS

### Meese warns Cuba on arms shipments

NEW YORK — Presidential counselor Edwin Meese III, saying it would be "Cuba's own self-interest" to halt arms shipments to El Salvador, today warned "it is entirely possible" the United States will take direct action against Cuba to stop the shipments.

"I think it's to Cuba's own self-interest to halt the arms shipments right now and end this instrumental of subversion into Central America," Meese said on ABC-TV's "Issues and Answers" program.

Meese said the United States would try to stop the shipments by working through countries through which the weapons are transported. If the negotiations fail, Meese said, "We would take other steps."

### Pope celebrates Mass in Guam

AGANA, Guam (AP) — Pope John Paul II celebrated Mass today with basilica on this U.S. possession and World War II battlefield and died Roman Catholics to practice their faith in their daily lives.

In his prepared departure statement, John Paul repeated his opposition to abortion and artificial contraception, calling on the faithful to "respect and safeguard the dignity of every human life, especially the life of the aged and the unborn, and strengthen the bonds of family life."

The pontiff will visit predominantly Buddhist Japan on the next leg of his Eastern tour.

### Vietnam vets threaten ex-hostage

BALCH SPRINGS, Texas (AP) — Marine Sgt. Johnny McKeel Jr., one of the 52 former hostages, said Sunday he has received death threats since returned home from Iran, many from people identifying themselves as etnam veterans.

McKeel said he has received "about 12" threats on his life, mostly in letters. McKeel said in a telephone interview he has not notified authorities and is trying to ignore the threats.

"I don't take them seriously," he said, adding "99 percent of them are threats and threats."

McKeel said he's also been plagued by "people calling and not saying anything and hanging up."

### Former Nixon aide to talk

Elliot L. Richardson, a defense secretary under President Nixon, will speak in the forum assembly Tuesday at 10 a.m. in the Marriott Center.

Richardson will speak on "Public Policy and Private Interest: The Creative Balance." The address will be broadcast live on KBZY-AM and at re-runs on KBZY-TV (channel 11), Tuesday at 8 p.m., Wednesday at 2 p.m., and Sunday at 8 p.m.

The speech will deal with problems Richardson faces, which, left unchecked, could destroy America's capacity for self-government. He will oppose solutions to those problems.

Richardson will also be presented with the Public Administrator of the Year Award from BYU's Institute of Public Management Tuesday evening.



ELLIOU L. RICHARDSON

## Gorge-purge syndrome:

# Diet worries cause disease

By AUDREY GASKING  
Asst. News Editor

A senior coed, whom we'll call Susan, never worried about her weight until she came to BYU. She was popular and active at home and her weight didn't bother her until she noticed the importance of other coeds and men put thinness at college.

Susan found herself competing unsuccessfully with the skinny image. The more she worried, the more she ate and the lower her confidence fell. It was a vicious cycle which seemed beyond control until Susan's roommate suggested a new method of weight reduction.

"We had just finished eating some ice cream and cookies and we were feeling guilty about the calories," Susan said. "My roommate suggested we might as well just vomit it up. This way we wouldn't gain any weight."

Susan felt better that night, but doubted she'd ever resort to the method again. A few days later, however, she did, and what started out as a quirk became a habit, and soon an addiction. Susan began eating exorbitant amounts of food and forcing herself to vomit. Food became an obsession and a way of relieving stress. Susan found she couldn't stop.

### Gorge-purge syndrome

Susan is not alone. Gorge-purge syndrome, or bulimia nervosa, a disease which is found primarily among women, has become a major proportion at BYU and university campuses across the United States. A study at Ohio State University estimated 30 percent of women on college campuses are involved in gorge-purge behavior to some degree, and a figure of 20 percent was estimated at a weight-related disease center in Chicago. Most estimates, however, are lower.

"About two to five percent of young women at universities are bulimic," said Dr. Bruce Woolley, a professor in the department of Food Science and Nutrition at BYU. "I would guess at BYU the number is far greater."

Woolley said the disease is prevalent at BYU because of the emphasis on appearance.

"BYU is the hardest place in the world for women to diet," he said. "There is a LDS campus ban on 'People are looking for perfection. They don't want 10's; they want 12's.'

Woolley said bulimia nervosa usually precedes anorexia nervosa, another weight-related disease which strikes young women. While bulimic women are usually normal weight, anorectics are extremely thin.

### Lose perception

"Anorectics lose their perception. They see themselves as fat when they are normal weight, and as attractive when they are extremely underweight," he said.

Not all the physical effects of bulimia nervosa are known. Those that are known effect many parts of the body.



"We're not sure of all the consequences," said Dr. Craig Johnson, director of the anorexia nervosa center at the Michael Reese Medical Center in Chicago. "We do know that it changes the electrolyte balance in the body, as well as causing protein depletion, hernias, ulcers, and chronic diarrhea."

Stomach acid in the vomit cause esophagus irritation and tooth decay, said Dr. Maxine Murdock, a psychologist at BYU's counseling center.

Bulimic are usually anemic, according to Nadine Kimball, education director at the BYU health center.

"They do absorb some calories when they eat, so they don't lose all their weight," she said. "The carbohydrates they absorb are from sugars though. The nutrients are not absorbed before they are purged. They suffer from extreme malnutrition."

Johnson said bulimic are usually at their normal weights, but are obsessed with food.

"They begin to rely on food to relieve tension," Johnson said. "They abuse food like and alcohol abusers abuse liquor."

Susan said her typical day started out at the vending machine with a sandwich.

"I'd buy a pie, some cookies and ice cream," she said. "Later I'd stop at the Cough and Cough and buy a sandwich and a malt. I'd go home and eat half a loaf of bread with peanut butter, jelly, buttermilk and a package of cheese."

"My roommates would come home and say 'Let's go out for a pizza!' They wouldn't know how much I'd already eaten, so I'd go with them. At night, we always had cookies and half a gallon of ice cream between us."

Eating excessive amounts such as these leads

to sociological problems for the bulimic, according to Dr. Murdock.

"They resort to stealing behavior to support their enormous appetites," she said. "I've treated patients who spent as much as \$10 a night and \$8 a weekend on food."

Murdock said the causes of bulimia nervosa are numerous.

She said many patients have the problem only while they are attending BYU.

"When they are at home with their families, feeling secure, most people don't suffer from bulimia nervosa," she said. "But when they return to BYU they become insecure again and begin eating and vomiting."

### Difficult to treat

Murdock said it's difficult to treat bulimic because they are afraid to tell anyone about their problem.

"They feel so guilty and ashamed," she said. "They have to realize it's a problem like any other and it can be helped."

Susan said she has been sharing her problem with the help of family and friends.

"When I realized that there were people around me who cared, I sought help," she said. "I'm engaged now and feel much better about myself."

Susan shared her story because she wants to help other bulimic.

"People who eat and force themselves to vomit need someone to talk to," she said. "I encourage them to talk to their friends, their family or their bishops. They have to talk to someone before they kill themselves."



# Mothers helpers gain experience

By JAN TAYLOR  
University Staff Writer

For many hard-working and responsible women this is the season many East Coasties currently advertise in The Daily Universe for mothers' helpers.

Mothers' helpers usually require a commitment from the individual to stay with the care of the children to doing a major portion of the housework.

Several people looking for helpers said they referred to BYU by friends or relatives.

"None of my friends was able to hire a very satisfactory one," one woman said.

Most people said they had received many calls and felt they had talked to someone who could hire.

According to girls who have worked as mothers' helpers, the jobs are hard, yet fun.

Anna Bramwell, a senior majoring in health care from Cascia, Portugal, said, "I was in the summer girl."

Miss Bramwell said she worked for a wealthy family living Long Island, N.Y., who wanted one to help the children with their work and do light housekeeping.

"It was a wonderful time," Miss Bramwell

said. She said she spent the summer swimming, sailing and playing tennis.

"I got to be really close and we still correspond," she said.

Miss Bramwell said she knew of young women who were not as fortunate as she was. A friend told her the mother of the family lined the children up and said, "This is Jean and she is your mother for the summer."

Miss Bramwell said her friend was responsible for taking care of all the children's needs for the rest of the summer, with the children rarely seeing their parents.

Teresa Hoole, a sophomore majoring in international relations from Bend, Ore., said she enjoyed her experience in New York. "I was really lucky," she said.

When asked why she thought East Coast families advertise here, she replied, "They know that the girls have been raised around children and that they're honest and won't go out and party."

Both Miss Hoole and who said many young women in her area who did not enjoy the experience.

"A lot of them get lonely out there," she said.

Miss Hoole and Miss Bramwell both said the family is the main key to happiness in the mothers' helper experience.

"If the family treats you like a member of the family and a person, you'll be fine," Miss Hoole said.

Most conflicts between the young women and the families occurred when no prior agreements had been reached, she said.

"There are a lot of opportunities to go to out

there, and you can be just as choosy as those people can be," Miss Hoole said.

Many BYU students take the first opportunity that comes along, if the arrangements are not made, especially concerning car usage and days off, disappointment usually results, she said.

"It was the best experience I've ever had," Miss Hoole said. "But you've got to be determined to make it work."

Sarah Gourdin, a sophomore majoring in theater arts from Dayton, Ohio, is currently working as a mother's helper in New York.

She said 30 to 40 LDS women are working in the city and, to some Brighamite families, the young women are regarded as close relatives.

"If New York people were hired to do what we do, they'd make \$200 a month or more," she said.

The family she works for treats her like part of the family and is good to her, she said.

"It's an opportunity for a hometown girl to go to New York and get free room and board," Miss Gourdin said. "I could have any night off if the family is at home and the baby is in bed."

Miss Gourdin said she suffered no adjustment problems, although some of the other young women had trouble adjusting to new customs and mores.

"It's no problem to find another job if it doesn't work out," she said.

Miss Gourdin said she was learning more about baby care and discipline than she could have learned through two years of babysitting off and on.

"You learn to appreciate your mother so much," she concluded.

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